

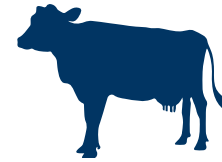
Avian Flu and Your Safety

Guidance for Dairy Workers



Avian flu also known as **avian influenza**, **bird flu** or **H5N1** does not often cause illness in people, but we want you to be aware and give you information on how to monitor your health and the health of your family.

Sick animals can pass the disease to people in their saliva (spit), feces (poop), milk, and other body fluids.



If you are infected signs and symptoms may include:

- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Fever (>100°F/37.8° C) or chills
- Difficulty breathing/shortness of breath
- Fatigue
- Diarrhea
- Nausea
- Eye redness (conjunctivitis)



If you have difficulty breathing, **CALL 911**

If you seek care for your symptoms, tell your doctor that you work on a dairy farm.

To protect yourself, remember:



USE personal protective equipment (PPE). It should be put on and taken off in clean areas.



- Face shields or masks
- Disposable gloves
- Safety glasses or goggles
- Overalls/gown



WASH your hands with soap and water or use hand sanitizer to reduce risk of infection.



AVOID touching your face, eyes, mouth, phone, food, or other commonly used objects until you have washed your hands after touching saliva (spit), feces (poop), milk, and other body fluids of cattle until you have washed your hands.



AVOID drinking raw or unpasteurized milk as it can lead to infection. Do not take milk home.

For questions and support, contact your community health center or health department.